

News You Can Use!

Family Support Bulletin for Families and Friends of 927th Reservists



“Family and Personal Support is Mission Support”

Spring 2003

DON'T HESITATE . . .

. . . to contact the Family Support Office if you have questions or concerns – especially if your military member is away from home. Sometimes people feel as though their question might be a “silly question,” so they hesitate to call. Please remember, if something is causing you concern and, if getting information or having your question answered alleviates your concern, then it’s worthwhile to contact us!

Please don’t hesitate to contact us via e-mail at family.support@selfridge.af.mil or by calling 1-877-981-8714, ext 5092 or (586) 307-5092.

VFW OPERATION UPLINK



Operation Uplink, sponsored by the Veteran’s of Foreign Wars (VFW), is a unique program that keeps military and hospitalized veterans in touch with their families by providing them with a free phone card. As new threats surface from around the world, military deployments have increased dramatically. Operation Uplink has distributed over 2,000,000 calling cards since 1996.

This program is supported by donations – mostly from the VFW and its Ladies Auxiliary members – but they welcome donations from anyone. You can find out more about Operation Uplink, donate, or request a phone card by going to <http://www.operationuplink.org>.

Individuals may request a phone card under two special circumstances – if the person is a hospitalized veteran or an military member deployed away from home. Phone cards will only be sent to the following types of addresses: 1) military address and 2) hospital or nursing home. Operation Uplink can only honor one card request per service member in any 60 day period. Because of the tremendous demand for the phone cards, it may take 4 – 6 weeks to receive the card.

BUNDLES FOR BABIES

The 927th Family Support Office sponsors a program for soon-to-be parents and new parents called “Bundles for Babies.” Through the generosity of the Air Force Aid Society, we can provide a nice gift package which includes:

- *Your Baby’s First Year*
- A growth chart
- Bath set
- Crib sheets
- Embroidered crib blanket
- One-piece underwear (2)
- And MORE!!
- Plus, a nice tote bag to carry it all!!!

If you are a wing member or the spouse of a wing member, please contact the Family Support Office for the details about how to get a bundle for your baby!



SAFETY DURING DEPLOYMENT

If your Reserve member is away from home because of military duty, you may feel more uneasy now that you are suddenly “alone.” The following are some excerpts from the Military.com website. You can access the complete listing at http://www.military.com/NewContent?file=Deployment_Family_Safety. (Please note: This does not imply an endorsement of the Military.com website.)

- Keep military, community, and local emergency reporting procedures and phone numbers in a handy location.
- Don’t advertise the fact that your Reserve member is away from home. This is not a message you want to send to others except for trusted friends, neighbors, and family.
- Trust your instincts. If you feel uneasy about something or about a person, remove yourself from the situation.
- Tell children to never admit to being home alone when they are on the computer or telephone or to someone at the door.
- Lock your doors, even if you are going out for only a few minutes. This includes garage and cellar doors.
- If you feel the need to have an extra key available, do not “hide” it. It is much safer to leave the key with a trusted neighbor.
- If there is not a way to identify a visitor, install a peephole.
- If you are traveling, exercise caution at highway rest stops. Don’t go in alone if there is little or no activity in the area.

NEW INFORMATION FROM TRICARE



A recent e-mail from the Office of the Secretary of Defense for Reserve Affairs (OSD/RA) contained new information about TRICARE. TRICARE is the military health system that activated members must use and families may use if their regular insurance lapses during activation. Here are the recent changes or additional information:

- The TRICARE Handbook is now interactive and is available on the TRICARE website at <http://www.tricare.osd.mil/TricareHandbook>. Users can now search for information on TRICARE benefits either by subject search or general search. In addition, a person can go right to sections in the Handbook using the interactive Table of Contents as well as print out the online version in its entirety. The online version will be updated in real time, as changes occur.
- Reserve Component service members called to active duty for more than 30 days and their family members are eligible to enroll in TRICARE Prime. This is a change from the previous 179 day requirement. There still is an enrollment form to fill out and the form must still be received by the TRICARE enrollment center by the 20th of the month to be eligible for care on the 1st of the following month. All eligible family members must be enrolled in DEERS.
- There are also changes in the TRICARE Prime Remote program. Previously, the military member had to be residing with the family for the family to be eligible for TRICARE Prime Remote. This did not help families when the member was deployed or serving at home station and not going home every night. The requirement now is that the eligible family members resided with the service member before the service member left for their home station, mobilization site, or deployment location, and the family continues to live in the same location.

OPERATIONS SECURITY (OPSEC)

You may not know it, but you play a crucial role in protecting your loved ones just by what you know of the Air Force's day-to-day operations. You can protect your loved ones by practicing good operations security, better known as OPSEC.



What is OPSEC? OPSEC is keeping potential adversaries from discovering our critical information. As the name suggests, it protects our operations – planned, in progress, and those completed. Success depends on secrecy and surprise so the military mission can be accomplished quicker and with less risk.

It is important to conceal information like flight schedules, TDY locations, and base activities. Be mindful of telephone conversations and discussions about your loved one's location. Being a military family member, you may know about bits of information that should not be discussed outside the home or over the telephone. Some examples are:

details about the mission of assigned units; details concerning locations and times of unit deployments; personnel transactions that occur in large numbers, like pay information, Powers of Attorney, Wills, deployment information, details concerning security procedures. These bits of information may seem insignificant, however, to a trained adversary, they are small pieces of a puzzle that highlights what the military is doing.

Do you want to learn more about the importance of Operations Security? Visit the following website to read a recent article in *Citizen Airman* entitled "Eagle Eyes" at <http://www.afrc.af.mil/hq/citamn/aug02/eagleeyes.html>. An OPSEC brochure is available for download at <http://www.afrc.af.mil>, then click on "Information for Reservists & Families," then on "Family Information," and then on "OPSEC – Overview."

MATERIALS AVAILABLE IN THE FAMILY SUPPORT OFFICE



The Family Support Office has a variety of useful information available in our office. If you would like any of the following, please just let us know and you can come by our office to pick them up or we will mail them to you.

- *Zimmy's Guide to All Kids Need – How All Caring Adults Can Nurture Children*
- *Stress and Parenting – What You Should Know*
- *Moms Over Miles: An Activities Handbook for Strengthening Long Distance Relationships*
- *Dads at a Distance: An Activities Handbook for Strengthening Long Distance Relationships*
- *Long Distance Couples: An Activities Handbook for Strengthening Long Distance Relationships*
- *TRICARE Handbook*
- *Better Money Management – A Guide for Reaching Your Goals*

ABOUT FAILURE AND MISTAKES

"...I have not failed. I've just found 10,000 ways that won't work."

Thomas Edison

"You may be disappointed if you fail, but you are doomed if you don't try."

Beverly Sills

"Anyone who has never made a mistake has never tried anything new."

Albert Einstein